



# IFBB Coaches Congress 2024

## Event Information





**Event Date:**

**Arrival day:**

2 November

**Coaches**

**Congress:**

3 November from  
16:00 to 20:00

**Departure day:**

4 November

**Registration  
Period:**

August 30<sup>th</sup> -  
October 30<sup>th</sup>,  
2024

**Event  
Address:**

Ona brava hotel  
Santa Susanna,  
Barcelona,  
Spain

**Event Type:**

Congress and  
Conference

**Language:**

English

**Event Organizer:**

IFBB



World Fitness Unión



## Event Overview:

We are excited to invite you to the **IFBB Coaches Congress 2024**, where fitness and bodybuilding coaches from around the globe will come together for an inspiring and educational event. This congress will be an excellent opportunity to learn, share, and network with leading figures in the industry, as well as your peers.

## Who Should Attend:

- IFBB Coaches
- All the bodybuilding and fitness trainers community
- Members of IFBB College

## Event Highlights:

Upon completion, all participants will receive a Participation Diploma as a mark of their engagement and development during the event.



# REGISTRATION FEES:

- Free Congress entrance for registered IFBB coaches with active anual membership (doesn't include accommodation)
- Entrance to the congress + 2 nights accommodation from 2 November to 4 November:
  - Double Room (2 nights) + 3 meals/day: EUR €200
  - Single Room (2 nights) + 3 meals/day: EUR €270
- Other coaches regular entrance fee without accommodation needs 100€
- IFBB Coaches Commission Members can register through their National federations
- If you are already registered to be part of the IFBB World Fitness Cup & Sport Games please contact us to receive the instructions to book the extra night

**REGISTRATION  
DEADLINE:**  
October 20,  
2024



# PRELIMINARY PROGRAM:

- **Registration & Networking:**  
*(Morning of October 31<sup>st</sup>)*
- **Congress Opening 15:00**
- **Presentation by Dr. Rafael Santonja, IFBB President:**  
Doping in Sport
- **Presentation by PhD (c), MSc Ville Isola: IFBB Coach**  
Accreditation and Education Pathway Learn about the IFBB's accreditation process and pathways for coaches
- **Presentation by Dr. Sadegh Hashemi Chairman of the Fitness Challenge Commission:** Balancing Act: Integrating Aerobic and Resistance Training to Minimize Interference
- **Presentation by Ott Kiivikas - Chairman of the IFBB Athletes Commission:**  
Coach as the role model
- **Coffee Break**
- **Presentation by Armando S. Márquez; IFBB Professor and IFBB Official:**  
Overcoming cáncer: a multidisciplinary strategy, where bodybuilding has much to offer
- **Presentation by Prof. Daniel Morais - President of the Portugese Federation:**  
Sports Multidisciplinarity in Children/Adolescents
- **Presentation by Aino-Maija Laurila - President Finland Federation:** Stage presentation: In the fastest growing women's categories Bikini, Wellness & Fit Model
- **Presentation by IFBB Professor Mauricio de Arruda:** Neuromechanics applied to weight training
- **Round table:** Developing a Global IFBB Coaching Community
- **Closing Remarks**



### Recommended Airport:

Aeropuerto  
Internacional  
Barcelona  
Josep  
Tarradellas  
– El Prat

This is the closest  
international  
airport to the  
event location in  
Santa Susana.

## VISA INFORMATION:

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- **Passport Requirements:** A valid passport is required to enter Spain.
- **Visa Exemptions:** Citizens of EU countries, Iceland, Norway, and Switzerland do not need a visa to enter Spain.
- **Visa Requirements:** For all other countries, please check visa requirements at the following link: [Visa Information](#)
- **Invitation Letter:** If you require an official letter of invitation to obtain a visa, please contact either the IFBB or the event organizer. Note: The invitation letter does not guarantee a visa will be granted. It is the responsibility of the national federation and the applicant to secure the necessary visa. If a visa is not granted, cancellation policies for the event will still apply.
- **To Request an Invitation Letter:** Forward a scanned copy of your passport to the IFBB or the event organizer.

# HOW TO BECOME AN IFBB INTERNATIONAL COMPETITION COACH:

- Complete the International Competition Coach Course
- Receive a nomination from your national federation
- Complete the registration process





### Simultaneous Events:

During the congress, the following events will also be taking place:

- 2024 Fitness Sport Games & IFBB World Series Cup
- IFBB Fitness Challenge World Championship (Women's, Mixed Pairs and Teams)



Coaches attending the congress are welcome to purchase accommodation through the same channels as participants of these events.

### Accommodation and Registration Fees:

- **Double Room (4 nights) + 3 meals/day:**  
EUR €430
- **Single Room (4 nights) + 3 meals/day:**  
EUR €580
- **Registration Deadline:** Ensure payment is made in advance via credit/debit card or PayPal at IFBB Registration. Please include your name and bring a copy of your payment confirmation to the registration.
- **Late Registration Fee (after the deadline or at the event):**
  - Double Room: EUR €480
  - Single Room: EUR €630

See more detail at:

<https://ifbb.com/event/ifbb-world-fitness-games-ifbb-world-fitness-challenge-championship-womens-mixed-pairs-and-teams-ifbb-world-cup-mens-fitness-challenge/>

We are looking forward to your participation in the IFBB Coaches Congress and hope you have a fantastic and enriching experience. Safe travels, and see you in Santa Susana!